

Fruit Pico de Gallo

Makes: 50 Servings

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Ingredients	Weight	Measure
Cantaloupe, fresh, 15 count (40 oz.)	1 1/4 lb	1/2 each
Strawberries, frozen, unsweetened	1 lb	2 7/8 cups
Mango, frozen, unsweetened	12 oz	1 cup
Pineapple, canned, tidbits, packed in juice or light syrup	53 oz	6 cups
Limes	1 each	
Lemons	1 each	
Oranges	1 each	
Pico de gallo	2 Tbsp	
Limes (for squeezing juice)	2 each	

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	30	
Total Fat	0.1 g	
Protein	0.4 g	
Carbohydrates	7.8 g	
Dietary Fiber	0.8 g	
Saturated Fat	NA	
Sodium	2 mg	

Meal Components

Fruits	1/4 cup
Vegetables	1/4 cup

Directions

1. Thoroughly wash the cantaloupe. Peel and dice the cantaloupe.
2. Combine cantaloupe, strawberries, and canned pineapple.
3. Wash limes, lemons, and oranges. Cut each citrus fruit into quarters lengthwise. Cut each quarter into 1/8 inch slice.
4. Toss mixed fruit with citrus and pico de gallo seasoning.

Put into shallow pan (12" x 20" x 2 1/2"). Squeeze fresh lime juice over fruit. Cover. Refrigerate until service.